

DIY Seaweed Baths

www.vitaminseaweed.com



Clay Detox Bath

1/2 c. Epsom Salts

5-6 drops Essential Oil

1/2 c. Bentonite Clay

2 tbsp. Bladderwrack Powder

Small Glass Jar

Dissolve epsom salts in very warm water. Add essential oil and bladderwrack powder. Add clay to a small jar with very warm water, shake until clump is dissolved, then add to bath. Relax 20 mins.